

What Do I Do for MDROs at Home?

Wash/clean your hands when:

- Eating or preparing food
- Caring for someone sick
- Touching sores, wounds, or cuts
- Touching or blowing your nose
- Coughing or sneezing
- Holding or feeding a child
- Using the bathroom or changing diapers
- Touching garbage

Keep your home as clean as possible.

Avoid taking antibiotics unless it is necessary, and take them as instructed by your physician.

How Do I Wash or Clean My Hands?

There are two ways to wash/clean your hands:

1. Wash with soap and water:

- Wet hands with warm water and add soap.
- Rub palms, back of hands, under your nails and between fingers for at least 15 seconds.
- Rinse and dry well.

2. Use alcohol-based hand cleaner that contains at least 60% alcohol:

- Use enough hand cleaner to cover both sides of your hands.
- Rub palms, back of hands, under your nails and between fingers until your hands are dry.

Remember, it's OK to ask staff if they have cleaned their hands!

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What You Need to Know About Multidrug-Resistant Organisms (MDROs)

MDRO - January 2013

What is an MDRO?

Hospitals across the U.S. are battling germs called Multidrug-Resistant Organisms (MDROs). MDROs are germs that resist antibiotic treatment. The VA wants to stop the spread of MDROs. This brochure explains how we care for patients who may have an MDRO.

When a patient has an MDRO infection:

- There are fewer antibiotics that are able to kill the germs.
- Antibiotics that can be used may have more side effects.
- Patients may need to be treated or in the hospital for a longer time.

Here are some examples of MDROs.

Your lab test shows that you have:

- ☐ *Methicillin Resistant Staphylococcus aureus* (MRSA)
- ☐ *Vancomycin Resistant Enterococcus* (VRE)
- ☐ *Carbapenem Resistant Enterobacteriaceae* (CRE)
- ☐ *Extended-Spectrum Beta-Lactamase-producing gram negative bacteria* (ESBL)
- ☐ *Clostridium difficile* – although technically not an MDRO, it is associated with antibiotic usage
- ☐ Other



A photo of *Staphylococcus aureus*, courtesy of the Centers for Disease Control (CDC)

Am I Colonized or Infected?

A person may be either “colonized” or “infected” with an MDRO.

- Colonized means that the germ is present on the skin or mucous membranes of the nose, airway, or gut. However, there are no signs or symptoms of infection.
- Infected means that a person is sick because of the germ and may have fever, swelling, redness, pain, or drainage.

You are: ☐ Colonized ☐ Infected

What Are Some Risks For Getting MDROs?

- Use of antibiotics
- Frequent visits to outpatient clinics or emergency rooms
- Hospital stays, especially in intensive care units
- Living in a nursing home
- Being exposed to others who are colonized or infected with MDROs

What Can be Done to Help Stop the Spread of MDROs?

- If you are hospitalized and are colonized or infected with an MDRO, healthcare staff will most likely care for you using “Contact Precautions”.
- Contact Precautions will help prevent the spread of these germs.
- Everyone, including family and visitors, must remember to wash/clean their hands every time they enter or leave your room.
- When you are in Contact Precautions, it is important to stay in your room except for any necessary tests.
- Always wash/clean your hands before leaving your room.
- Hospital staff will wash/clean their hands and put on gloves before they enter your room. They may also wear a gown. They must remove the gloves and gown and wash/clean their hands before they leave your room.